

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING
VAGINAL CONTRACEPTIVE FOAM (VCF) FACT SHEET

Vaginal Contraceptive Foam (VFC) is a clear spermicidal foam that provides protection against pregnancy. It contains nonoxynol-9, an ingredient that kills sperm. VFC can be used alone or with a diaphragm or condom.

Effectiveness:

- 78% for all concentrations of spermicide when used consistently and correctly.
- Increased effectiveness when used with other birth control methods, such as a condom.

Use:

- The foam is inserted with a plastic applicator into the vagina where it is pushed out of the applicator to cover the cervix.
- One applicator of foam should be inserted no more than one (1) hour before intercourse.
- Use another application before each act of intercourse.
- Leave spermicide in place for at least six (6) hours after intercourse. Douching is not recommended, but if you choose to douche, you must wait at least six (6) hours.

*Correct use is vital for protection against pregnancy.

Benefits:

- You will not feel the VFC.
- It melts quickly and is not messy.
- You will not experience the side effects of taking hormones.
- Provides lubrication during intercourse.
- Can be purchased over the counter and does not require a prescription.

Discontinuation:

- If intercourse occurs more than two (2) hours after insertion of spermicide, emergency contraception is available at the Family Planning Clinic and should be taken with 120 hours (5 days) in order to prevent pregnancy.

Side Effects:

- Irritation to skin of the vulva, vagina, or penis.

Warning Signs:

- There are no warning signs with this method.

Risks and Complications:

- Allergic reaction.
- HIV exposure is possible.
- Increased risk of bacterial vaginosis.
- Increased risk of yeast when used with the diaphragm.

REMEMBER, VFC DOES NOT PROTECT AGAINST ALL SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE A CONDOM EACH TIME YOU HAVE SEX.

Visit our website: www.sanilachealth.com



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